

Antioxidants:

Vitamin A

-Carrots, broccoli, tomatoes, collards, cantaloupe, peaches, sweet potatoes, apricots, squash, kale. (Most bright fruits and veggies.)

Vitamin C

-Oranges, limes, lemons, grapefruit, broccoli, strawberries, anything green and leafy, strawberries, tomatoes. (All citrus fruits.)

Vitamin E

-Nuts, seeds, green leaf vegetables, vegetable oil, liver oil, and whole grains.

Selenium

- Fish, shellfish, red meat, eggs, garlic, chicken, grains.

Other foods rich in Antioxidants:

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| -Soy | -Watermelon |
| -Purple grapes | -Brussel Sprouts |
| -Cranberries | -Flax Seed |
| -Red Wine | -Oatmeal |
| -Pomegranates | -Barley |
| -Tea | -Rye |
| -Blueberries | -Artichoke hearts |
| -Blackberries | -Raspberries |
| -Pinto beans | -Prunes |
| -Apples | -Red beans |
| -Cabbage | -Kiwi |
| -Cilantro | -Swiss Chard |
| -Mustard greens | -Beets |
| -Spinach | -Corn |
| -Guava | -Mango |
| -Pumpkin | -Onions |
| -Cinnamon | -Garlic |
| -Oregano | -Olive Oil |